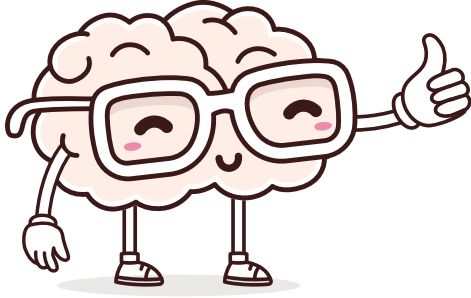


NAME: _____

DATE: _____



Specific (simple, sensible, significant)
Measurable (meaningful, motivating)
Achievable (agreed, attainable)
Relevant (reasonable, realistic)
Time bound (time-based, timely)

Academic Goal

I want to _____
by _____ so I will _____
_____ to meet my goal.

Check In

How am I doing? _____
Steps toward my goal _____

Next I will _____

Personal Goal

I want to _____
by _____ so I will _____
_____ to meet my goal.

Check In

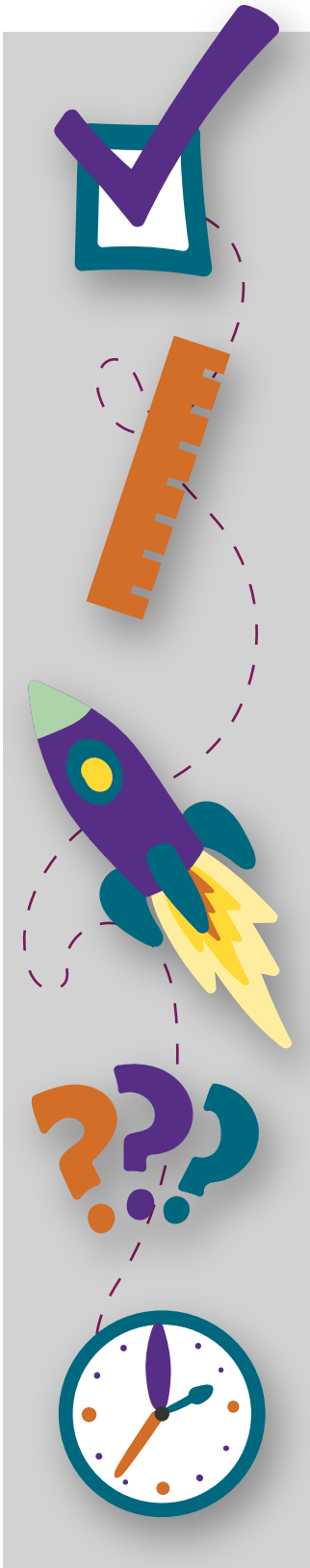
How am I doing? _____
Steps toward my goal _____

Next I will _____

SMART Goal Planning

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DESIGNS®
EDUCATION FOR EQUITY

S.E.A.L.®
Advancing Social, Emotional,
Academic Learning in all students



SPECIFIC

What **EXACTLY** do you want to accomplish?



MEASURABLE

How will you know when you meet your goal?



ATTAINABLE

Is it possible to meet this goal with effort by your timeline?



RELEVANT

Is this goal worth working hard to accomplish?



TIMELY

What is the deadline you set to meet your goal?

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A goal without a plan is just a wish. –Antoine De Saint Exupery

My SMART GOAL

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Academic Learning in all students

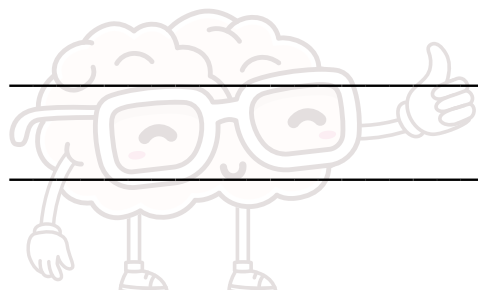
NAME:

DATE:

I will _____

by _____ .

I'll reach my goal by _____



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My SMART GOAL

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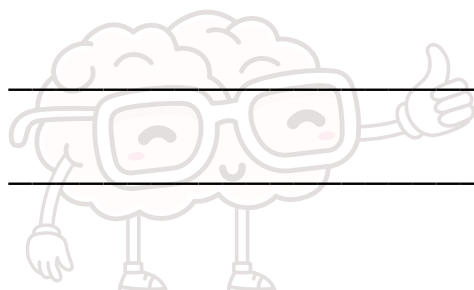
NAME:

DATE:

I will _____

by _____ .

I'll reach my goal by _____



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SMART GOAL Plan Sheet

NAME:

DATE:

S

SPECIFIC:

What EXACTLY do you want to accomplish?

M

MEASURABLE:

How will you know when you've reached this goal? What will you be able to do?

A

ACTION:

What will you need to do in order to reach your goal?

R

REALISTIC:

Is this goal reachable? How do you know?

T

TIMELY:

When will you reach this goal?
What is your deadline?